

JULY AND AUGUST 2014

The Council on Aging is your place to go this summer! Our cool building is open Monday through Friday and serves as the designated cooling station. Bring a friend and play a board game, cards, or watch TV and enjoy lemonade and iced tea. Need a ride? Call for the van to pick you up.

If you are experiencing heat related problems, please call us for assistance. We are here to help. Throughout the summer, and during hurricane season, we will post information on Avon Cable Access, Ch. 9. In case of power outages, please check on your neighbors and call the COA as soon as possible to report any issues.

Remember...Drink plenty of fluids, don't over exert, and keep your cell phone charged. If you don't have a cell phone, we can help with that, too. There are a number of phone plans for seniors that are free or low-cost.

Have a wonderful summer!

Jane Hanley

PS – Don't forget to sign up for the Annual Cookout on July 11th at Avon Fish & Game. Reservations will be taken until Tuesday, July 8th. As with any of our special events, it is important that you register. We never want anyone left out! Also, if you have signed up and find you cannot attend, give us a call. Someone else may be waiting to take your place!

**Norfolk County
Registry of Deeds
Avon Council on Aging
Guest Speaker**

**Register William P. O'Donnell
Thursday, July 24, 2014 @ 10AM**

After the Register speaks, he and members of his staff will be available to help answer questions or concerns about any Registry of Deeds matter. Information will be available concerning the Massachusetts Homestead Act. An Internet ready computer will be on hand to print a recorded deed, confirm the status of a mortgage discharge or check on any other filing.

FARMER'S MARKET

The Council on Aging will be receiving Farmer's Market vouchers to distribute to eligible seniors again this year. Please call Louise Hardiman, Outreach Coordinator to get on the list. Van transportation will be available to the Market in Brockton, at City Hall Plaza, on Fridays at 11:45 AM through the months of July, August, and September. Call the office to book your ride.

VOLUNTEER CORNER

If you haven't met our new Volunteer Coordinator, Jayne Carthas, please stop by on a Tuesday or Thursday, stay for lunch, and say hello. Jayne is currently recruiting Friendly Visitors to call on homebound Avon residents, Volunteer van drivers to cover vacations and drive to Church on Saturday or Sunday, and Members for our Board of Directors. If you are interested in exploring volunteerism at the COA, please call or stop by.

EXERCISE CLASSES

As you may know, the COA has exercise and dance classes for seniors. During July and August, Zumba classes will not be available and will resume in September. Tai Chi classes are also on hold until further notice.

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However, we do have Line Dancing on Tuesday and Tap Dancing classes on Friday. These dance classes are FREE for seniors 60+. Also, the Old Colony YMCA in Stoughton offers free exercise classes for seniors. Call us for more information: 508-559-0060

JULY & AUGUST LUNCH MENU

Join us at the COA Cafe

Tuesdays & Thursdays at 12 NOON

Suggested donation is \$4. Special Holiday Luncheons: \$5.00

JULY

1 st	Chicken & Dumplings
3 RD	Seafood Salad on a roll, coleslaw
8 th and 10 th	No Lunch Served
11 th	Annual Cookout at Avon Fish and Game. Serving Burgers, Hot Dogs, Potato Salad, Watermelon, and Clam Chowder.
15 th	Turkey Club Sandwich, Chips & Pickle
17 th	Pizza and Salad
22 nd	Baked Potato Bar
24 th	Tortellini Salad with Chicken and Vegetables, Bread & Butter
29 th	Meatball Sandwich on a roll, Salad
31 st	Baked Fish, Rice Pilaf, Vegetable, Roll & Butter

AUGUST

5 th	Pork Fried Rice with Vegetables
7 th	Baked Marinated Chicken Tenders, Potato Salad, Summer Vegetables
12 th	Hot Dog on a roll, Cole Slaw
14 th	Pizza and Salad
19 th	Hawaiian Chicken over White Rice, Roll & Butter
21 st	Brunch – Scrambled Eggs with Ham and Cheese, Home Fries, Muffin and Fruit Cup
26 th	Sloppy Joes on a roll and Vegetable
28 th	Pasta Primavera with Chicken, Bread and Butter

Professional Consultations for Avon Senior Residents By Appointment Only - Please call the COA at 508-559-0060. See this month's calendar for SHINE, Hearing Exams, Legal Consultations and the Blood Pressure Clinic. **Notary Public Services Available**

Chill out and enjoy a movie at the COA on Wednesday, July 16TH & 30 and August 13th & 27th at 12 Noon. Bring a Brown Bag Lunch! Popcorn & refreshments will be served. Call for movie title a day or so before.

As we go to press with this edition of the Town Crier, we are working on additional programs for the summer months. Please stay in touch...come for lunch, watch local cable TV, or stop by to see what's going on at your Senior Center!

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DID YOU KNOW? The MassParks Senior Citizen Pass is available to Massachusetts residents 62 years of age or older. The pass allows parking for the vehicle occupied by the pass holder, whether they are driving or a passenger. Senior Citizen Passes are available at all parks that charge a parking fee. The passes are free of charge and valid for the life of the pass holder. You can also obtain a MassParks Senior Citizen Pass at parks that charge a parking fee or by writing to: DCR MassParks, 251 Causeway Street, Boston, MA 02114, Attn: Senior Citizen Pass Coordinator



HAPPY BIRTHDAY

	JULY	AUGUST
1 st	Helena Davey	Shirley Frazier
		Richard Billings
5 th	Carl Lundgren	
7 th	Dorothy Walsh	
8 th	Jack Reilly	Claire Brown
10 TH	Helen Frierson	
	Pauline Walsh	
15 th	Claire Ficcarra	
16 th	Roy Fernald	Nickie Keenan
		Delores Carlson
17 th	Natalie Lorizio	
20 th		Ed Krachukoski
21 st	Dolores Daigle	
27 th	Carol Perkins	

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